ENGLISH FOR PHYSIOTHERAPY

Graham Sinclair

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EDITORIAL

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GRAHAM SINCLAIR teaches Sports History and English for Physiotherapy on EUSES' Sports Science and Physiotherapy degrees. He also coordinates the EUSES 'English as a Medium of Instruction' programme. His research interests include youth subcultures, corporeal identity in Sports Science, and fandom and identity in football.

He has a bachelor's degree in Modern European History from the University of Warwick, an MA in Popular Culture from The Open University and his PhD in Cultural Studies was awarded by the University of Girona. His teaching diplomas were awarded jointly by the RSA and the University of Cambridge (Language Assessment).

He has taught in various schools and universities in Spain, Portugal, France, Mexico, the Czech Republic, Brazil and the UK.

INDEX

INTRODUCTIONS 7

THE HUMAN SKELETON 27

JOINTS AND MOVEMENT 41

MUSCLES AND HEALTH. 55

CAREER CHOICES IN PHYSIOTHERAPY 69

- Introductions
- The Human Skeleton
- Joints and Movement
- Muscles and Health
- Career Choices in Physiotherapy

Matthew Beard UNSPLASH

SPEAKING

Speaking 1 **Work in small groups.**

Write five or six questions which will help you get some information you would like to have about this course and your teacher.

Q1 _____?

Q2 _____?

Q3 _____?

Q4 _____?

Q5 _____?

Q6 _____?

Take it in turns to ask your questions. Don't repeat any questions which have already been asked.

Speaking 2 **Discuss these questions with a partner.**

- *Why did you choose to study physiotherapy?*
- *What do you enjoy most about the course?*
- *What are your plans for the future?*

Now, try to answer these questions.

1. What is physiotherapy?
2. Is physiotherapy the same as physical therapy?
3. What do you call a health care professional who practices in the field of physiotherapy?
4. What are the main specialty areas in physiotherapy?
5. What treatments do physiotherapists use?
6. Where are physiotherapists likely to work?
7. Who will their patients be?
8. What training programmes do you have to complete to work as a physiotherapist?

Here are some possible answers to the questions you were discussing.
Try to match them with the questions.

a) A health care profession that helps people to move. It provides treatment to restore and maintain maximum movement and function in patients with physical problems caused by disease, injury or ageing.

b) A physiotherapist or informally, a physio. In the U.S. they are known as physical therapists (PTs).

c) A 3 year university programme leading to a Bsc in physiotherapy is the first step, which may be followed by a 2 year master's programme and a doctoral programme.

d) Cardiopulmonary rehabilitation, geriatric physiotherapy, neurological physiotherapy, orthopaedic physiotherapy, sports physiotherapy and paediatric physiotherapy.

e) Manual therapy such as massage and manipulation, therapeutic exercise, electrotherapy and cryotherapy.

f) People with neurological disorders or disease, disorders of the musculoskeletal system, cardiopulmonary disorders, the elderly with reduced mobility and fitness.

g) Physical therapy is the U.S. term for physiotherapy.

h) These places include hospitals, nursing homes, physiotherapy gyms, rehabilitation clinics, fitness centres and sports training facilities.

1.	2.	3.	4.	5.	6.	7.	8.

EUSES Jorge Cazorla / Gaspard Pouchain

✓ *Where do you think this picture was taken? Why?*

✓ *What's happening in the picture?*

✓ *How do the people feel?*

✓ *Does it remind you of anything you've done recently?*

WATCH

You Can Be Me - A Career in Physical Therapy

(https://www.youtube.com/watch?v=r35FQT3u0J4)

In this short film you are going to see different therapists working in different situations.

Physical Therapist	Where do they work and what do they do?	What do they enjoy about their jobs?
Pat		
Jade		
Tony		
Yvonne		
Joanna		
Tim		
Denise		
Carlos		
Dan		
Virginia		
Alison		

GRAMMAR FOCUS

PRESENT TIME

There are two basic verb tenses used for expressing present time in English – the **Present Simple** and the **Present Continuous**.

- We tend to use the Present Simple for states, habits and regular actions (often with adverbs of frequency).

I live in Barcelona.

She plays tennis.

They never arrive on time.

For explanations and practice of the basic form, you can look here:
https://learnenglish.britishcouncil.org/en/english-grammar/present-simple-basic

- The present continuous is used to express actions which are happening now:

I am watching television.
(Right now)

Or around now:

She is reading a good book at the moment.
(The book is on the table next to her bed)

For explanations and practice of the basic form you can look here:
https://learnenglish.britishcouncil.org/en/english-grammar/present-continuous-basic

Careful! Some verbs do not take the continuous form. Generally these verbs do not describe actions. They tend to describe states or the way we feel about things. They are usually called stative verbs.

Here are some examples:

agree, be, believe, belong, depend, forget, hear, know, like, love, matter, mean, need, prefer, realize, seem, want

So, *'I agree'* is fine but we cannot say *~~'I'm agreeing'~~*.

'It doesn't matter' is fine but we cannot say *~~'It isn't mattering'~~*.

REMEMBER

- Some verbs can be both *stative* and *dynamic* depending on how they are used. Think about these two sentences:

  I see what you mean.
  I'm seeing my physio tomorrow.

  In the first sentence 'see' means 'understand' and cannot take the continuous form.

  In the second sentence 'seeing' means 'meeting for an appointment'. It's an action and can take the continuous form.

  For a more complete list and details of stative/dynamic verbs, have a look at:
  https://www.perfect-english-grammar.com/stative-verbs.html

- In many languages we can use present tenses to talk about the future.
  - In English the Present Simple can be used to talk about things which are timetabled to happen in the future. This is particularly useful for travel and public events.

    My train leaves at three o'clock tomorrow afternoon.
    The conference starts at 9am on Monday.

  - We can use the Present Continuous to talk about future plans and arrangements.

    I'm playing tennis on Tuesday.
    We're having a party on Friday, do you want to come?

  If you think you need some practice here, have a look at:
  https://www.flo-joe.co.uk/preliminaryenglish/grammar/present-simple-and-continuous-as-future-tenses.htm

Choose the best verb form and say why it is correct.

Toa Heftiba UNSPLASH

1. Where ***do you come/are you coming*** from?
2. Where ***do you study/are you studying*** at the moment?
3. What ***do you like/are you liking*** about your studies?
4. What ***do you do/are you doing*** in your free time?
5. Why ***do you learn/are you learning*** English?
6. How often ***do you watch/are you watching*** a film in English?
7. ***Do you watch/Are you watching*** a series at the moment?
8. ***Do you see/Are you seeing*** your family at the weekend?
9. ***Do you see/Are you seeing*** your family at weekends?
10. ***Do you belong/Are you belonging*** to any social networks?

Check your choices with a partner and with your teacher.

Work with someone you don't usually work with and ask and answer the questions.

Look at these pictures of physiotherapists working with their patients.

EUSES Jorge Cazorla

- ✓ *Are you familiar with these exercises?*
- ✓ *With a partner describe what they're doing.*
- ✓ *Why do you think they need this treatment?*
- ✓ *Have you ever had or given treatment like this?*

Have a look at these sentences – decide if they are right (**R**) *or wrong* (**W**). *Correct any mistakes you find.*

Are these sentences right or wrong?	Right or Wrong	Correction
1. I don't know what you are meaning.	W	what you mean
2. The class starts at four thirty.	R	
3. I'm really wanting to find an internship in Canada.		
4. What time do you usually arrive on campus?		
5. Do you come to class this afternoon?		
6. She understands everything the teacher says.		
7. What does the manual say about the new machine?		
8. I've got the tickets. The concert will start at eight o'clock.		
9. You need to revise the sessions on anatomy.		
10. I go for a run every morning.		
11. She's busy – I think she has a massage at the moment.		
12. What are you thinking about the political situation?		
13. They're preferring anatomy to biology this term.		
14. We have three weeks until the end of term.		
15. I'd like to study in Scotland but it depends on the fees.		
16. He's needing an operation for his knee injury.		
17. We don't have classes on Saturday mornings.		
18. When are the mid-term exams?		
19. I need to look for a new flat this term.		
20. I'm usually giving my students two weeks to prepare the talk.		
21. I don't think I'm ready for the exam.		
22. My tutor seems quite friendly.		
23. I'm not knowing how to use this programme.		
24. Second year students are having extra classes this week.		
25. I meet you at six outside the lecture hall		

READING

My Life as a Physiotherapist

Every month here at Corby General Hospital we speak to a member of staff to let you know about the different things we do. Today we are speaking to Molly Chase, a physiotherapist who is specialised in children's health.

Why did you decide to become a physiotherapist?

When I finished my A levels I knew **(EX)** __0__ but I didn't have the grades to study medicine. My brother plays tennis and **(1)** _____ after a serious injury. He thought I could be a good physio so I tried to find some information. I liked the idea that you could work in a variety of settings and that **(2)** _____ my specialism too early. So I studied at Edinburgh University, did an Erasmus in Catalonia and then came here at CGH and did my rotations.

And why did you decide to specialise in children?

It's funny – **(3)** _____to work with athletes but when I was working with kids during my rotations I fell in love with the idea. Many of the conditions we have to deal with are the same as with adult patients but communication **(4)** _____. It's really important to work closely with the families and that's something I really enjoy. More and more we follow the children back home and try to work out treatment programmes for them there.

So what type of conditions do you have to deal with?

As I said, a lot of the conditions are the same as with adults – we help our patients recover strength, mobility and balance after accidents and injuries but **(5)** _____ whose physical development has been affected by illnesses and other conditions. I've just finished a course in respiratory physiotherapy and I work with patients who have acute and chronic chest conditions – we try to clear secretions, improve breathing and generally help them lead normal lives.

What are the best and worst things about your job?

I like it when I feel a bit like a detective and I use the symptoms as clues to try and build up the correct treatment programme. Of course, **(6)** _____ having a positive impact on our patients lives. Last week I had a girl who walked without crutches for the first time since a car accident – you can imagine! I hate it when I make a wrong diagnosis or when the treatment I've suggested just doesn't seem to work. But I think the most difficult thing, especially with children, is when you know deep down that there's nothing you can do for them – that's really tough.